

College of San Mateo
Official Course Outline

1. **COURSE ID:** TEAM 111.1 **TITLE:** Basketball I
Semester Units/Hours: 0.5 - 1.0 units; a minimum of 24.0 lab hours/semester; a maximum of 48.0 lab hours/semester
Method of Grading: Grade Option (Letter Grade or P/NP)

2. **COURSE DESIGNATION:**
Degree Credit
Transfer credit: CSU; UC
AA/AS Degree Requirements:
 CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

3. **COURSE DESCRIPTIONS:**
Catalog Description:
 Instruction at a beginning level in the rules, strategies and skills of basketball. Includes round-robin play during the last half of the semester.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**
 Upon successful completion of this course, a student will meet the following outcomes:
 - A. Perform the fundamental skills necessary to perform and progress at a beginning level in the sport of basketball.
 - B. Improve body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity at a beginning level.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
 Upon successful completion of this course, a student will be able to:
 - A. Understand the rules and vocabulary of the game of basketball at a beginning level.
 - B. Use skills associated with playing basketball, such as ballhandling, passing, shooting, rebounding and defense at a beginning level.
 - C. Display an understanding of team offense in the half-court at a beginning level.
 - D. Display an understanding of team defense in the half-court at a beginning level.
 - E. Make the transition from offense to defense and vice-versa at a beginning level.
 - F. Display a level of cardiovascular fitness required to play the game of basketball at a beginning level.
 - G. Use critical thinking skills with regard to reading and reacting to teammates, as well as the opposition, at a beginning level.

6. **COURSE CONTENT:**
Lab Content:
 At a beginning level:
 - Footwork
 - Ball Skills
 - Dribbling
 - Passing
 - Shooting
 - Off the Pass
 - Off the Dribble
 - Rebounding
 - Positioning
 - Offensive Rebounding
 - Defense
 - Guarding the Ball
 - Help Defense
 - Team Defense
 - Full-Court Defense
 - Team Play
 - Half-Court Offense
 - Half-Court Defense

- Transition
 - From Defense to Offense
 - From Offense to Defense
- Basketball Conditioning
- Self assessment by Students

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Observation and Demonstration
- C. Other (Specify): Other typical methods of instruction may include drills designed to improve cardiovascular fitness.

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

- Students will be required to write a 1 to 3 page self-assessment of their knowledge of team basketball.
- Final exam on rules, vocabulary and situations.

Reading Assignments:

- Students will be required to read 15-30 pages of hand-outs covering different concepts that will be covered in the class.

Other Outside Assignments:

- Students will perform numerous drills based on the skills covered.
- Students will apply principles learned in class in game situations utilizing critical thinking skills.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Exams/Tests
- D. Written examination
- E. Evaluation of student participation in active warm-up at a beginning level. Evaluation of student performance in individual drills at a beginning level. Evaluation of student performance in team drills at a beginning level. Evaluation of student performance in game situations at a beginning level. Evaluation of student performance on Physical Fitness Test at a beginning level. Evaluation of student's critical thinking skills as they apply to understanding team concepts at a beginning level. Evaluation of written exam to include knowledge of skill fundamentals, team strategies and game rules / vocabulary.

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Krauss, Jerry; Meyer, Don; Meyer, Jerry. *Basketball Skills and Drills*, 3rd ed. Champaign, Ill: Human Kinetics, 2009

Other:

- A. Instructor-provided applicable handouts.

Origination Date: January 2013
Curriculum Committee Approval Date: February 2013
Effective Term: Fall 2013
Course Originator: Andreas Wolf